

WOMAN'S HERALD
Devoted to the Household, the Fashions and the Activities of Women.
MARY MARSHALL, Editor.
DAILY DEPARTMENT OF THE WASHINGTON HERALD.
Correspondence is invited. Address all communications to the "Woman's Editor" of the Washington Herald.
TUESDAY, MAY 11, 1915.

A Call for Peace.

So far from seeing cause for discouragement in the Lusitania disaster, the women of the Peace Party see a redoubled call for peace agitation.

Mrs. John J. White, who is one of the four vice presidents of the National Woman's Peace Party, and one of the most active of the group of women whom Christobel Pankhurst referred to as the "Washington peace ladies," said last night that this calamity ought to be looked upon by women all over the country as a sign for greater activity and greater earnestness. As a matter of dignity, Mrs. White said, individual Americans might feel inclined to take up arms, but the issue that would be involved with the taking up of arms would be a matter far more important than a matter of dignity—it would be a matter of humanity.

Mrs. White's opinion is seconded by prominent women in other parts of the country—by Dr. Anna Howard Shaw, veteran suffragist who long has earnestly for peace than ever; by Mrs. Carnegie Chapman Catt, who expressed the opinion that by an embargo policy the United States could force all Europe to lay down arms, and by Miss Mary Garrett Hay, chairman of the New York Woman Suffrage party, who thinks that this government should by no means seek retaliation.

Whatever individual opinions about the sinking of the Lusitania among the members of the peace party may be, whether their neutrality inclines toward the allies or against them, one thing is certain. That is that the "peace women" are not a whit less enthusiastic for peace now than when they organized six months ago.

HOROSCOPE.

Tuesday, May 11, 1915.

Astrologers read this as rather an unimportant day. Before daybreak Uranus and Venus are in benefic aspect, but during the hours of most activity Mars is strongly adverse.

Owing to the rule of Mars conditions will be most trying and exacting during the next three months, the seers predict. Domestic dissensions will multiply and industrial unrest will increase. Unconsciously the whole world will reflect the strife and conflict of the European war.

This may be a most unfortunate day for military men. Danger of criticism and censure for officers of the United States is foreshadowed.

There is a prophecy of a reign of radical and eccentric ideas, owing to the power of Uranus. This will precede the acceptance of theories regarding occult phenomena hitherto catalogued as absurd.

Agitation concerning certain religious faiths, which has been frequently predicted lately, will culminate in the West in an outbreak of a serious nature, astrologers declare.

While this configuration lasts women should guard against impetuous acts or credulous conclusions. They should be on their guard against preparing for careers that demand practical training. The coming years will bring heavy burdens, the seers believe.

Artresses, musicians and artists are subject to lucky chance while Venus is friendly this morning.

There is a price to be paid for millinery and modistes, who will gain authority to dictate fashions, it is predicted. The Panama-Pacific Exposition will bring fame to many American designers, according to prophecies made last year.

Uranus gives warning of the increase of parasites and adventures in all big cities. Among these "parasites" will be numerous, and again warning is given concerning a new immigration problem.

The planets foretell the death of more notable men and women in the next few months than has been recorded in recent years. This mortality is interpreted as the ending of an epoch and the preparation for a new era in history.

Persons whose birthdate it is have the augury of success and change in the coming year.

Children born on this day may be too much inclined to amusement and self-indulgence. They have the forecast of easy, successful lives. These subjects of Taurus should be unusually gifted.

AID FOR VICTIMS ASKED.

Red Cross Appeals on Behalf of Lusitania Sufferers.

An appeal for funds for relief among destitute victims of the Lusitania is being made by the American Red Cross Society. The call is similar to that made at the time of the sinking of the Titanic, when \$150,000 was raised.

Miss Mabel T. Boardman, chairman of the relief board of the Red Cross, said yesterday the general relief fund was too small for Lusitania victims, unless unexpected developments arose which demanded the withdrawal of the money. Contributions may be made to local treasurers or to headquarters of the society.

The society received word that the Needle Work Guild, a national organization, voted \$1,000 at its Philadelphia conference for the victims of the torpedoed liner.

Brownlow Joins Trade Board.

Seven, among them Commissioner Louis Brownlow, were admitted to membership in the Washington Board of Trade by the executive committee yesterday morning. The others were Walter A. Gawler, Ralph R. Rose, W. C. Poter, C. B. Cranmer, Andrew J. Walker, and C. R. McCloskey.

Says Corruption Has Decreased.

A report has been issued on results of the national and State public law effecting campaign contributions by Perry Belmont, president of the National Publicity Organization. The report says: "The effect of this legislation has been to diminish expenditures and corruption during presidential elections and to aid in the operation of the previously existing corrupt practices acts."

The Neutralists.

Willie Willis—"What's a 'neutral'?" Papa Willis—"It's the punch-in-bag on which the belligerents practice between rounds."—Puck.

FAMOUS WOMAN
HER BIRTHDAY AND YOURS
May 11—Eleanor Ormerod.

There have been few women who have achieved success in the field of insect study and so all the more notable is the success of Eleanor Ormerod, who was born May 11, 1823, in England, and who was later spoken of as the "protector of agriculture and the fruits of the earth," a beneficent benefactor of the nineteenth century. She was a member of a clever family and early became a master of Latin and modern languages through her own studies. She had a remarkable faculty for observation and with her brother, who was a distinguished entomologist, she early took up the study of insect life. One of the first honors that came to her in this field was in 1872 when she submitted a series of models of plants, fruits and reptiles to the Moscow Exhibition and received a gold medal of honor from the Moscow University for the exhibit.

As time went on Miss Ormerod became an authority on the subject of insect pests in England and was a willing correspondent with farmers and agriculturists throughout the kingdom who sent to her for help and advice. She was the consulting entomologist of the royal agricultural society and on the very day that she entered into her new duties she received an injury in a railway accident which left her permanently injured so that she was never able to go about without the aid of crutches. Nothing daunted, however, she continued her work till the end of her life. When she was given the degree of LL.D. by the University of Edinburgh she was the first woman to receive such an honor.

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NEW OFFICERS ARE INSTALLED.

Public Improvement Association of Congress Heights Meets.

The meeting of the Public Improvement Association of Congress Heights was held last night in the town hall on Alabama avenue southeast, when the following recently elected officers assumed their duties: W. W. Price, president; J. W. Lyon, first vice president; J. E. W. Williamson, second vice president; E. J. Stubbins, secretary; Edward H. Haines, financial secretary; Gustave Bender, treasurer. President Price named the standing committee for the ensuing year and officers upon the members the necessity of taking a lively interest in the affairs of the organization. The committee appointed at the last meeting to look into the question of removal of the branch postoffice reported having had several interviews with officials and gave the outcome of these interviews. It is understood that any change that the board will not interfere with the proper handling of the mail in that suburb. The association will ask for more street lights and sidewalks.

CHURCHMEN AT WHITE HOUSE.

Delegates to New Jerusalem Convention to Be Received Today.

At 2 o'clock this afternoon the delegates attending the annual convention of the church of the New Jerusalem, being held at the church of the New Jerusalem, Sixteenth and Corcoran streets northwest, will be received at the White House. The convention was opened yesterday morning by Rev. Julian K. Smyth, of New York, president of the general convention of the church.

In his address Mr. Smyth stated that resolutions of sympathy and encouragement were being prepared to be sent to the members of the New Church in Iceland. He also reviewed the work of the year. President Smyth praised the work of Rev. L. J. Lundberg in planning the new church school at the Reunions Pacific Exposition, and also the efforts of Rev. Paul Brock, formerly of this city, and now of Brockton, Mass., for his missionary tours of the West. The business sessions will be continued this morning.

While fishing is still carried on in Arctic waters.

TODAY'S FASHION NOTE.

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THE PRINCESS DRESS, which was originally made popular by Queen Alexandra, as Princess of Wales, is here again in all of its simplicity. This year's models are a new variation on the original, however, and show high trimming, which accents the waistline.



PRINCESS GOWN IS AGAIN WORN

The princess dress is here again in all its simple elegance, and in its manifold form reflects credit on the taste of Queen Alexandra, who, as Princess of Wales, inaugurated and patronized the one-piece gown which to this day remains a favorite with women of good taste the world over.

From season to season couturiers have used different methods of embellishing this type of feminine garment, sometimes introducing an unbroken panel down the front and down the back, and sides that are seamed at the hip line. Then, again, the princess frock is actually cut in two pieces and joined about the waist either by means of a simple cord or a veritable sash or girde of some fanciful material.

Clothes Have Played Big Part in March of Progress

It is sometimes said that fashions are talked about so much that nothing new can be said of them, but when one remembers the important part they play in all civilized countries, both from a commercial and artistic standpoint, it would seem to be a subject which touches everyone in some way and in which all people are more or less concerned.

Some may claim that it is a frivolous topic, and that they are indifferent to it, but if they recall what has been said, that it affects financially more than half of the world's workers and that the remainder of society are interested in clothes because they wear them, it would seem to involve in some way every civilized person, and be a subject about which there is constantly something new, however cleverly written the articles concerning them may be that have appeared from time immemorial.

The industrial value of clothes begins way back in the growing of the wool, the cotton, the flax, mohair, mulberry trees, the getting of skins and mining of precious stones and metals.

There it passes through the various processes of refining, polishing, manufacturing, weaving and merchandising until finally it reaches the use for which it is destined—clothing for all people of the civilized countries.

Through this process one may trace one of the great economic factors of the age.

Education, culture, necessities and luxuries all show the influence of clothes as a commercial factor, and the more clearly we realize this the more interest shall we have in the subject and the more clearly shall we see how necessary and how attractive the subject really is in its many varying phases.

Needlewomen of the faraway islands of the sea, bending patiently over their looms to adorn the gown of the society queen, or the drawn work to bedeck the table of the high official of the nation; the silk weavers of the Orient or the cotton growers of the South, many of them seeing but the one gain, financial—all contribute to the great commercial factor which some designate "frivolous" and which society calls "fashion," and which displays and parade of fine or showy clothes as a means of distinction.

It may be described only as the utmost frivolity of the nation, when considered in all its varying phases, fashion is a study of utmost interest.

TOMORROW'S MENU.

"Betty Jay scented the bellows of Squire Cass' hams."—GEORGE ELIOT.

BREAKFAST.

Grainfruit
Cereals and Cream
Roasted Ham
Pancakes and Maple Syrup
Coffee

LUNCHEON OR SUPPER.

Chicken on Toast
Tortoise with Whipped Cream
Graham Bread
Current Cakes
Tea

DINNER.

Cream of Asparagus Soup
Roasted Ham
Creamed Radishes
Hashed Brown Potatoes
Lettuce Salad
Rice Pudding

Maple syrup for pancakes—Break a pound cake of maple sugar and add a cupful of cold water to it. Bring to the boiling point and boil gently until melted and thickened.

Tomatoes with whipped cream—Remove

HOUSE- WIVES DAILY ECONOMY CALENDAR
ECONOMICAL SUMMER MARKETING.

It is more economical for some women to market by telephone than to visit the markets personally. For the telephone saves time and strength, and sometimes these are more valuable than the money that might be saved through a personal tour of the food-supply shops.

But most women find it more economical to do the marketing personally. In some cities, like Washington, market is held on certain days of the week at a big, central depot, and it is a wise woman, indeed, who fills her larger market basket. For food is fresh and inexpensive, and for a few cents a boy can be hired to convey home a huge basket, so the marketing for the week can be economically and easily done on, perhaps, three days.

Early morning, as soon as the day's supply of fresh vegetables has come, is the best time to buy of most retailers. For then the food is fresh, the shop is not crowded, and the day is not uncomfortably warm.

Always insist on fresh food. Perhaps it will cost a little more, but it will keep so much better that it is worth even a little extra price. So if you can find a grocery or butcher's shop where everything is always fresh, patronize it with the feeling that you are saving money by doing so.

Pex, sometimes, the higher price, in order to get a good quality. It will probably prove fresher and more palatable, and if it is better, it is worth the extra cost. The Lord do so to men which it suggests which have given it its long appeal; it is the lovely devotion of Ruth to the stricken Naomi that makes her one of the best-loved characters in the Old Testament. Her words to Naomi express affection and devotion as no one since the day she spoke them, through centuries of years ago, has done. Ruth said:

"Entreat me not to leave thee, nor to return from following thee: for whither thou goest I will go, and where thou lodgest I will lodge; thy people shall be my people, and thy God my God. Where thou diest I will die, and there will I be buried. The Lord do so to me, and more also, if I ought but death part thee and me."

Where thou diest I will die, and there will I be buried. The Lord do so to me, and more also, if I ought but death part thee and me."

When the parish overseer of Tring learned that Ruth and her husband were the man and woman mentioned in the Bible, he was so struck by the story that he decided to erect a monument to their memory. The monument was erected in the churchyard at Tring, and it stands to this day as a reminder of the love and devotion of Ruth and Naomi.

YOUR FIRST NAME
ITS ORIGIN AND THE FAMOUS FOLK WHO HAVE BORNE IT

RUTH KENNETH.

The Few Names Signifying Beauty Which Have Persisted in Popularity—Isolde, a Popular Name in Mediaeval Times, Which Means Fair or Beautiful, and the Story that Made It Popular—Kenneth, "the Comely," and the Kings of Scots Who Bore the Name—Ruth, the Most Popular of All the Names of Beauty, of Hebrew Origin.

By FRANCES MARSHALL.

Since beauty, especially in women, has already been admired, and it is strange that so few of the names signifying beauty have persisted in popularity. Isolde, a popular name in Mediaeval Times, which means Fair or Beautiful, and the Story that Made It Popular—Kenneth, "the Comely," and the Kings of Scots Who Bore the Name—Ruth, the Most Popular of All the Names of Beauty, of Hebrew Origin.

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Most Old People Are Constipated

The wear of years impairs the action of the bowels. With advancing age people are disposed to restricted activity and exercise, which is responsible for the constipated condition of most old folks. The digestive organs are more sensitive to the demands made upon them and rebel more quickly.

A mild, effective remedy for constipation, and one that is especially suited to the needs of elderly people, women and children, is the combination of simple laxative herbs with pepsin that is sold in drug stores under the name of Dr. Caldwell's Syrup Pepsin. A free trial bottle can be obtained by writing to Dr. W. B. Caldwell, 452 Washington St., Monticello, Ill.—Adv.

those peaches are usually of two qualities, the cheaper partly soft and of inferior flavor. It is quite likely that you can eat all of the more expensive ones before they decay, and that they will have a far better flavor.

Never buy lettuce or any other green unless it is crisp and fresh looking. Be sure you get the freshest and good size for the pe inside the pod. String beans should be crisp and of fresh color to insure tenderness.

In buying meat, be sure that the flesh is of bright, clear color. There should be no objectionable odor, and the fat, if any, should be white. The fat for these meats should be reddish.

Fish should be firm, and the eyes should be bright and clear. The gills should be pink and the odor is an infallible indication of freshness in fish. (Copyright, 1915.)

It's Easy to Clean House When You Have an Electric Vacuum Cleaner

THE dreaded spring renovating becomes a matter of hours instead of days when you do it "THE ELECTRIC WAY."

Carpets can be made bright and spotless without the bother of taking them up; Out-of-the-way places—door-frame tops, picture moldings—cleaned without jeopardizing your neck; hangings and portieres freed of dust and lint while in place.

Come in and have us demonstrate an ELECTRIC VACUUM CLEANER for YOU. We have the best Types, and you can suit your own preference. Prices, \$18 and up.



SUSANNA COCROFT
HOW TO BE HEALTHY

THE EFFECT OF WORRY ON THE COMPLEXION

The individual of average size possesses some sixteen square feet of skin, containing a vast network of small blood vessels, which are capable of holding one-half the body's total volume of blood. The vaso-motor nerves, so called because they control the motion of the walls of the blood vessels, are most quickly affected by thoughts and emotions.

Fear and worry soon express themselves as a down and under, a less easy, while faith and an optimistic mental attitude favor a normal and healthy complexion.

Among the common illustrations of the effect of thoughts upon the skin is the habit of blushing. A thought of shame or annoyance causes a dilation of the vaso-motor nerves and the blood rushes to the superficial capillaries. The only cure for blushing is in schooling the mind so that it may be indifferent or callous to the thought behind it.

There is a danger in the face. A disagreeable emotion of fear or anxiety contracts the capillaries, thus interfering with the nourishment to the skin. If these emotions become chronic, and the condition that we call "worry" ensues, the complexion will almost invariably become seriously affected. Being underlain by a nervous system, the face will often produce a blotchy effect.

The tiny pores, no longer properly fed, refuse to excrete their waste. The result is a skin that is covered with acne or chronic pimples results.

Beauty culturists recognize the devastating effect of poor circulation on the complexion and try to counteract it by facial exercises and massage. Of the two I prefer the former method of treatment. If there is a mental cause, like worry, based on the poor circulation, that must first be corrected.

We also have constant proof that the complexion is most dependent upon the functional activities of the stomach and bowels. The nerves that preside over and regulate the process of digestion and elimination are largely affected by the mental state of the individual. Fear, anxiety, depression, and worry cause indigestion, flatulency and especially constipation, all of which have a disastrous effect upon bodily resistance and as a result upon the skin.

Worry will not only impoverish the blood, restrict its circulation, but it will generate a poison which disturbs digestion and seriously affects the nerves. Furthermore, by affecting the breathing, this mental condition results in a poverty of the oxygen necessary to put the poisons of the body out of the system.

We must remember, too, that the skin is one of the important eliminative organs of the body. The mental state can be shown by the condition of the skin. Elimination through the glands of the skin, affecting both the sweat and oil

ducts. A dry condition of the skin is very common with nervous patients. Many skin diseases accompany nervous disorders and most complexion troubles grow worse under the influence of mental strain and worry.

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